



RUSH HOUR

Commuters' astrologer: New tool seeks to help predict traffic conditions between any two points in city

PAGE 5



EAT YOUR GREENS

And shell out a lot more from your pocket too, as rainfall patterns send vegetable prices soaring in festival season

PAGE 3

454 cases filed under POCSO this year, of which 324 pertain to rape. These rising figures, despite such cases being underreported, may point to need for societal introspection

CHILD, INTERRUPTED

Stigma, lack of victim-friendly environment stops families from seeking justice

I Atiya Firdos
c-syeda.atiya@timesofindia.com

TWEETS @BangaloreMIRROR

The number of child rape cases registered under the Protection of Children from Sexual Offences (POCSO) Act has seen a sharp rise in the city, exposing a troubling trend. According to recent data, 594 POCSO cases were recorded in 2023, with 430 involving rape. In just the first nine months of 2024, another 454 POCSO cases have already been filed, with 324 pertaining to rape. This troubling number underscores the urgent need for enhanced enforcement and societal support to combat child sexual abuse effectively.

If these numbers are alarming, even more alarming is the fact that many such cases go unreported. Activists highlight that underreporting is a major barrier to addressing the full scope of child sexual abuse. Bhuwan Ribhu, activist and founder of the 'Just Rights for Children Alliance', emphasised that societal stigma and the lack of a victim-friendly environment deter many families from seeking justice. "It's not just a lack of education or awareness. Many well-educated individuals have faced harassment yet avoid reporting it because they fear how the police institutions handle such cases and how society sees them. Perpetrators must be held accountable at the initial stages of



“Insufficient police accountability and the disinterest in registering cases involving child victims contribute to a cycle of impunity

— Bhuwan Ribhu, activist

their crimes, whether it's harassment or stalking. Action should be taken from the very beginning because today's stalker

could become tomorrow's rapist," said Ribhu.

Despite the POCSO Act's crucial role in addressing these

crimes, societal and systemic pressures prevent its effective usage.

CONTINUED ON PAGE 8 >>

Tender, healing touch for trees

Citizens join hands to nurture weak, infected trees with nutrients, medicines to tackle pests



I Garima Prasher
garima.prasher@timesgroup.com

TWEETS @BangaloreMIRROR

A group of citizens in Indiranagar recently united to save 10 avenue trees from pests, disease, and lack of nutrition. The volunteer group, guided by an expert, treated infected trees on 100 Feet Road.

"We noticed that three avenue trees on the stretch were slowly decaying. These are old native tree species that appeared to be dying due to lack of maintenance and care. We approached a city-based expert who confirmed our fear. We were told, if not taken care of immediately, these trees will soon perish," said Dattatreya Devare, one of the volunteers and trustee of Bangalore Environment Trust.

Further inspection of avenue trees on the stretch revealed that seven more trees required urgent attention.

"The trees had multiple issues, the primary being infection from termites and stem borers. Termites had damaged

CONTINUED ON PAGE 8 >>

3 THINGS TO DO



01 Poetry time

This time on Tuesdays with Bard @ Urban Solace, listen to some thought-provoking poems by Alokparna Das, a poet, writer, and educator. 'Will the Center Hold?' is an exploration of all that is laughable in both the mundane and the exalted. The poet has jotted down these lines while stumbling through life. These poems question not only the individual and the collective self, but the very gods above. **Where:** Urban Solace **When:** October 8, 7:30 pm to 9 pm



02 Pop, Rock and Flamenco vibes

Groove to the mesmerising tunes of Chizai, an Indian pop-rock band. Their music can range from pop, rock to funk and soul. With the release of their last single S6 E01 and AWOL which have traces of alt. rock & flamenco-pop, the band has explored a completely new and fresh soundscape, which seems to have delighted their audience lately. **Where:** Bangalore International Centre (BIC); **When:** October 8, 7 pm to 8:30 pm

03 Dasara & Diwali festivities

This festive season, Nexus Koramangala Mall will unveil "Mayura," an art installation that captures the beauty, grace, and radiance of the peacock, whereas Nexus Shantiniketan Mall welcomes families to embark on a magical journey with "Dream Escape," an immersive experiential campaign designed to celebrate the festival of lights in a unique and engaging way. Moreover, from arts and crafts sessions to fun-filled games, young attendees will have ample opportunity to unleash their creativity and immerse themselves in the festive spirit. **Where:** Nexus Koramangala Mall, Nexus Shantiniketan Mall; **When:** Until October 31



SSLC results are in hand, but mark cards still nowhere near

Five months in since results, students are yet to receive their SSLC official mark sheets; officials say delay due to three annual exams; assure distribution soon

Sridhar Vivan
sridhar.vivan
@timesofindia.com

TWEETS @sridharvMirror

Preparations are underway for the SSLC exam 1 for the academic year 2025, including student registrations; however, students who passed these exams are still awaiting their official mark sheets despite the announcement of the SSLC results five months ago. This delay has caused growing frustration among both students and parents, who argue that the Karnataka School Examination and Assessment Board (KSEAB) is prioritising exam scheduling and administration over the timely distribution of essential documents like mark sheets.

Typically, official mark cards are distributed one to two months after the results are declared. However, this year, the printing of the mark sheets has been delayed significantly. This prolonged wait has raised concerns about the Board's efficiency in balancing post-exam processes with its focus on future exams.

The SSLC exam results for the first session were announced in the first week of May. Results of the second and third sessions were released in July and August, respectively. For students who passed the first SSLC exam, a downloaded mark sheet from the SSLC website has been used as a provisional document to secure admission to PU classes.



The SSLC exam results for the first session were announced in the first week of May; results of the second and third sessions were released in July and August, respectively

Reasons for delay

According to an official, the delay in issuing mark sheets is due to the introduction of three annual SSLC exams. The SSLC exam 2024 was held in March, with 6.31 lakh of the 8.59 lakh students passing the exam.

Around two lakh students who failed took the second annual exam in June, with 69,000 passing in that attempt. Many students who failed or wanted to improve their scores took the third exam, leading the Board to decide to issue mark sheets only after all exams were completed.

The third exam results were released in the final week of August, following which the KSEAB called for tenders for printing the mark sheets. "In previous years, there was only one main exam and one supplementary exam, which allowed the Board to issue mark sheets quickly. This year, however, with three separate exams, students who were unsatisfied with their initial results were able to retake exams to improve their scores. As a result, the Board delayed printing mark sheets until the final results of all three exams were

announced," an official said.

Mark sheets shall be distributed soon

Although the printing process has now been completed, distribution is still pending, according to officials. A senior KSEAB official said, "Around 8.5 lakh students' mark sheets have been sent for printing, and distribution has begun. He assured that students would receive their mark sheets soon. The mark sheets will first be sent to Block Education Officers (BEOs) and then distributed to schools."

Durga Puja: Celebrating fusion of Bengali tradition & Kannada culture

The Sarjapur Outer Ring Road Bengali Association (SORRBA) is celebrating its 16th Durga Puja this year at the Samskruti Pavilion on Sarjapur Road. This year's theme will be showcasing the architecture of an old Bengali Rajbari (royal mansion), beautifully recreating the grandeur of its tradition. SORRBA's Durga Puja has become one of the most vibrant and inclusive festivals in the city, bringing a piece of Bengal to the heart of Karnataka.

A special tribute to the Sri Indrani Panchadurga Temple in Udupi, where the five forms of Goddess Durga are worshipped,

connects Bengali and Kannada heritage. This mirrors the "Pancha Durga" theme introduced by SORRBA last year, which highlights five incarnations of Goddess Durga, each symbolising different aspects of her power and grace. Visitors will be captivated by the grandeur, intricate detailing, and artistic el-

egance of these representations.

In addition to the puja, there will be face painting and a game activity zone for children, as well as a lively flea market.

The puja will also feature a cultural extravaganza, welcoming four renowned Kannada artists on Ashtami for a Bollywood Night on the SORRBA stage, showcasing their mesmerising voices. Notably, the celebrated singer



Ankita (winner of Zee Sa Re Ga Ma) will be enchanting the audience with Bengali music on Navami night.

One of the highlights of the celebration is the community feast, or "bhog," where people from diverse backgrounds come together to enjoy delicious Bengali vegetarian cuisine. Visitors can also explore food stalls featuring a variety of culinary traditions from across India. SORRBA's Durga Puja exemplifies how traditions can unite different communities, and the fusion of Bengali and Kannada cultures through music, art, and spirituality creates a truly unique experience that reflects the city's ethos of unity in diversity, according to the organisers.

For more details, please visit www.sorrba.org or call 84317 60322. — BMB

CRIME FILES

Serial vehicle thief, burglar land in police net

Arrest of two men have helped police solve several cases of 2-wheeler thefts, burglaries across city

Sanjana CS
c-sanjana.s@timesofindia.com
TWEETS @BangaloreMIRROR

The City Market Police have arrested a man accused of carrying out a series of vehicle thefts in the city. Acting on intelligence, the police conducted an operation and apprehended Umar Farooq alias Mohammad Umar Bin Nisar Ahmed (24), in connection with the thefts, leading to the recovery of six stolen two-wheelers, worth ₹3,00,000.

The arrest is part of an ongoing investigation after a complaint was filed in July this year by Shabarish KV, a resident of Chickpet Cross, whose scooter was stolen from outside his house. Umar Farooq, who resides in a rented house in Haleguddahalli, was found to be involved in multiple vehicle thefts across the city. Cases were registered under various sections of the BNS, at City Market Police Station, along with cases in Cottonpet, Byatarayanapura, and Vidyanayapura police stations.

Stolen gold worth ₹30 lakh seized

The City Market Police have arrested a man in connection with multiple house burglaries across the city. The accused, Manjunath, alias Palawala Manja (38), was apprehended following an investigation into the theft of gold ornaments from the house of one Upesh Bhandari, who reported the crime in April this year. The burglars had broken into Bhandari's house in Chickpet and stolen gold ornaments weighing 105 gram.

Manjunath hails from Nagarhapet and was residing near the Mariamma Temple



File photo of stolen bikes recovered by the police in Bengaluru

in Hosur, Tamil Nadu. He provided crucial information that led to the recovery of gold ornaments weighing 475 grams, valued at ₹30,00,000, and a scooter used in the crimes.

Brutal road rage incident sparks probe

A shocking road rage incident near Haj Bhavan on Thanisandra Main Road has surfaced after a social media post on platform X revealed that a man was stripped and brutally assaulted by a group of individuals. The victim was slapped, punched, and subjected to severe physical abuse in public, sparking outrage over the violation of his dignity and safety.

Police officials stated that the incident, which occurred on September 1, 2024, only came to their attention after the

social media post gained traction on September 7. Despite the gravity of the assault, the victim has not yet filed an FIR.

However, the police have decided to take action under the suo motu act and launched an investigation. The police officials are currently gathering information to identify the victim and accused.

Bitcoin scam: DySP Sridhar Poojary arrested

DySP Sridhar Poojary was arrested on Monday afternoon in connection with the Bitcoin scam by SIT officials of CID. Sridhar Poojary had arrived at the CID office for questioning when the arrest was made. The case, which dates back to 2020, involves alleged irregularities, and as of now, in total four police officers have been arrested.

Traffic police start special drive against drunk driving

The streets of Bengaluru witnessed a city-wide crackdown as the Traffic Police launched a focused drive against drunk driving. In an effort to make roads safer and curb reckless behavior, officers checked 35,874 vehicles, uncovering 482 cases of driving under the influence.

The drive that began on

September 20 and ended on Sunday, resulted in 482 cases being registered against individuals violating the law by driving or riding while intoxicated.

Traffic police officials have stressed on the importance of such enforcement actions in reducing accidents and promoting responsible behavior among motorists.

Food poisoning? Boy dies, parents critical

A five-year-old boy, Dheeraj, passed away, and his parents are in a critical condition following a suspected case of food poisoning after consuming a cake ordered online after their Sunday night meal.

The family, who resides in Bhuvaneshwari Nagar, KP Aghara, began experiencing symptoms shortly after eating.

According to the police, Dheeraj initially complained of severe stomach pain, prompting his parents—Balrajan, a Swiggy delivery worker, and Nagalakshmi—to give him medication. His condition worsened rapidly, lead-

ing the family to rush him to Krishna Institute of Medical Sciences (KIMS) Hospital, where Dheeraj was declared dead. Since Monday morning, both parents have also been under intensive care.

The preliminary medical examinations point toward food poisoning as the likely cause of Dheeraj's death. However, it is not yet confirmed if the death was due to the cake or a reaction to the medication administered by his parents.

The cause of the food poisoning remains under investigation, and no case has been registered so far. **BMB**

Woman dies after live wire falls on her

A 50-year-old woman was electrocuted after a live electric wire allegedly fell on her in Chikkanahalli village near Bengaluru on Monday, police said.

Manjamma was standing on the roadside and talking to two other women when the incident occurred at around 10 am, they said.

The entire incident was also captured on a CCTV cam-

era installed in the neighbourhood. According to police, while the other two managed to escape, Manjamma died on the spot.

A case has been registered against BESCOM under section 106 (causing death by negligence) of the Bharatiya Nyaya Sanhita and further investigation is underway, a senior police officer said. **PTI**

As festive fervour rises, veggie prices spike

Just as Navaratri festivities began, the prices of vegetables like tomatoes and beans began skyrocketing. Due to continuous rainfall, crops in several areas, including tomatoes, beans, onions, and garlic, have been damaged significantly.

In some regions, hailstorms have further aggravated the situation. This has led to a sharp decline in production, causing a sudden surge in prices.

Just two weeks ago, tomatoes were priced between ₹15 to ₹30 per kilogram, but now, prices have tripled. Beans, which were around ₹40 to ₹50 per kilogram, have crossed ₹100. Carrots are being sold for ₹80 to ₹90 per kilogram. Even cabbage and cauliflower have become more expensive, and the price of potatoes has reached ₹52 per kilogram.

However, there has been a slight drop in the prices of vegetables like



beetroot, knol-khol, okra, and bottle gourd. Coriander, which was ₹60 to ₹70 per bunch, has now dropped to ₹30. However, leafy greens like spinach, mint, and fenugreek have seen a slight increase in prices. Traders warn that if the rains continue, the prices of leafy greens and vegetables may rise even further.

The price of 'elakki' bananas, which had reached ₹150 per kilogram during Shravana, had slightly decreased but has surged again due to crop damage. Traders predict that

the demand during Dasara could drive the prices even higher.

Across the country, rainfall has disrupted crop production, causing price hikes. With increased demand during Dasara, prices are expected to rise further, according to HOPCOMS trader Srinivas. Prices are expected to increase further, especially for pumpkins, with the cost already at ₹30 per kilogram. The price may rise more as Ayudha Puja and Vijayadashami approach.

Rain has also led to a surge in the prices of onions and garlic. While new onions have entered the market and the central government has started selling them at subsidised rates, quality onions remain hard to find, with prices ranging from ₹50 to ₹70 per kilogram.

Garlic, which had previously dropped to ₹400 to ₹500 per kilogram, has once again surged to ₹450 to ₹500 per kilogram.

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Manual Khata remains relevant: BBMP Chief

In interview with BM, BBMP Chief Commissioner Tushar Giri Nath discusses current efforts and future plans to improve conditions for Bengalureans

Sridhar Vivan
sridhar.vivan@timesofindia.com

TWEETS @sridharvMirror

Bengaluru is grappling with various challenges, from rainwater flooding houses to unauthorised borewell drilling on public roads, along with confusion surrounding the newly introduced e-Khata system. In an interview, the Bruhat Bengaluru Mahanagara Palike (BBMP) Chief Commissioner Tushar Giri Nath discusses the current efforts, future plans, and actions being taken to address these issues and improve conditions for the city's residents.

Q: Despite BBMP's assurances of adequate flood prevention measures, why do Kendriya Vihar apartments still experience flooding?

BBMP Chief Commissioner: Yes, Bengaluru received heavy rainfall on Saturday, with some areas being more affected than others. For instance, Hampi Nagara saw intense rainfall of 108.5 mm in just 2.5 hours, while Nandini Layout and Yelahanka also experienced significant rainfall. Kendriya Vihar in Yelahanka had built a retaining wall near the river, but it collapsed, causing rainwater to flood the area. We are currently pumping the water out. In Mahalakshmi Layout, 63 homes were flooded, and we are planning to provide compensation for the affected residents. Fortunately, in Binnypet, although a private wall fell, there was no flooding of homes. To give some context, 109 mm of rainfall is considered quite intense.

Q: How has the rain affected other parts of the city, and what measures are being taken?

BBMP Chief Commissioner: We have had around 15 to 20 trees fall due to the rain, and our teams are working to remove them. It's important to note that Kendriya Vihar is located at a lower altitude than Yelahanka Kodi, making it prone to flooding. Some may think it's an encroachment issue. The truth is that over time houses were built in areas not originally mapped as flood-prone. Now that these areas fall under our planning jurisdiction, we are considering building an embankment and creating an alternative water channel.

Q: Why are residents alleging that they haven't received proper compensation during flooding caused by heavy rains?

BBMP Chief Commissioner: Accord-



Rain in Bengaluru on Saturday night heavily affected the residents of Kendriya Vihar apartment at Yelahanka (File photo)

ing to our compensation rules, we can only provide compensation if the water stagnates in homes for 48 hours. However, we've been more compassionate and are offering compensation of Rs 10,000 to all homes that were flooded. Earlier, compensation would take three to four months to process, but now, with Direct Benefit Transfers and quicker action by zonal commissioners, we're speeding up the process.

Q: Potholes seem to be a recurring problem, especially during the rainy season. Does this indicate poor quality in fixing them? How is BBMP addressing this issue?

BBMP Chief Commissioner: Potholes cannot solely be blamed on the rainfall, though heavy rains do exacerbate the problem. We have seen water stagnation, particularly in places like Hebbal service lane, and the rain is expected to continue for a few more days. For now, we are using cold mix to temporarily fill the potholes. Once the rain subsides, we'll carry out long-term measures. Every day, we are receiving new complaints about potholes, and as we fix them, more appear. It's an ongoing challenge, but we are actively addressing it.

Q: There's been some confusion surrounding the e-Khata system. Can you clarify the current process?

BBMP Chief Commissioner: The e-Khata system is being implemented

properly, but like any new technology, it has its teething problems. Some people have raised concerns such as, a supposed Rs 100 fee for e-Khata, which is not true. There's also some confusion about geo-tagging, but that process started before the draft e-Khata system was introduced. We've outsourced 200 people for this task and are actively sending out messages to the public.

Q: Is e-Khata mandatory now?

BBMP Chief Commissioner: Now, e-Khata is mandatory for property registration, and that's why the draft e-Khata provision has been introduced. Otherwise, our personnel would visit homes, take photos of the buildings and owners, and mapping would be done for each household. If needed, you can obtain e-Khata now and also check for any discrepancies. We require a sale deed and an encumbrance certificate. The sale deed is necessary as proof of ownership since the e-Khata will be the document used for registrations. For encumbrance, we need records from April 1, 2004. We've held discussions with the revenue department because, when buying or selling property, buyers typically ask for a 20-year encumbrance. This ensures the rightful ownership, as some properties have been sold without updating the e-Khata. Let me clarify that manual Khata is still valid. However, e-Khata is mandatory only for property registration. If you intend to sell your property, an e-Khata is required. We have set up a help desk at the ARO office specifically to assist those looking to sell their properties. If all the necessary documents are provided, we will issue the e-Khata.

“ We are offering compensation of Rs 10,000 to all homes that were flooded and with Direct Benefit Transfers process is being sped – Tushar Giri Nath

Q: There was a recent case of illegal borewell drilling in the middle of the road. Can you tell us more about that?

BBMP Chief Commissioner: Yes, an FIR has been filed against individuals who were illegally drilling a borewell on Om Sai Public Main Road in Veerabhadreshwara Nagar without permission from the municipal authorities. They were drilling on the evenings of October 3rd and 4th. Upon receiving a complaint, municipal authorities inspected the site and found that the public road was damaged. We have lodged a complaint with the Byadarahalli Police Station, and legal action will be taken against those responsible. Additionally, we are imposing a fine for the unauthorised drilling activity.

Q: What steps will BBMP take to prevent such incidents in the future?

BBMP Chief Commissioner: We are working closely with law enforcement to ensure that unauthorised activities like this do not happen again. We also encourage residents to follow the proper procedures and obtain necessary approvals before undertaking such actions. If anyone is found violating the regulations imposed, strict penalties will be enforced.

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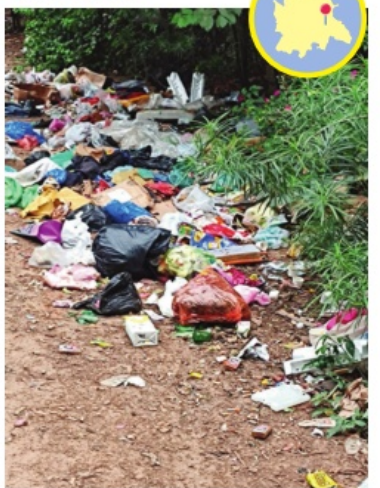
Cooke Town



Many cables got cut while BBMP chopped down a tree leaning precariously on McPherson Road, Cooke Town.

Unofficial dump yard

Yelahanka



Garbage is being dumped near the back gate of Prestige Monte Carlo in Yelahanka, causing unsanitary conditions.

Garbage overlooked

Lalbagh



Garbage and debris remain uncleared since the last assembly elections at Lalbagh, waiting for attention.

Curious big cat's trying to get closer look

Garima Prasher
garima.prasher@timesofindia.com

TWEETS @BangaloreMIRROR

A video of a leopard trying to climb a safari minibus at Bannerghatta Biological Park (BBP) on Sunday evening is buzzing on social media. The leopard can be seen jumping at the tourist bus, grabbing the mesh, and trying to get inside, shocking the tourists. However, BBP authorities say that it was just another day on safari when an inquisitive animal approached a tourist vehicle.

Leopards are curious animals, and sometimes they get jittery seeing tourist vehicles, leading to

such reactions. "It is the normal behaviour of all the safari animals. They often try to chase cars, jeeps, and vans. We have witnessed bears and tigers also attempting to climb up tourist vehicles. They generally exhibit this behaviour during morning hours or late evenings when they are active," said AV Surya Sen, Deputy Conservator of Forest, BBP.

Officials say such behaviour goes on to show that the animals are active and not sedated, contrary to popular belief. "Such activities confirm that the animals are active and live their normal lives. We have come across some social media comments claiming that all animals in our park are sedated, which is beyond comprehension. In reality, BBP is the place where people can visit to have a lifetime experience as the animals, including big cats, are in their full glory," added Sen.

BBP officials told BM that even if animals try to climb tourist vehicles, there is no cause for concern as the vehicles used for safari are made keeping these incidents in mind. While all non-air-conditioned tourist vehicles are secured with metal mesh, air-conditioned vehicles are covered with protective glass. However, tourists and park goers are expected to follow some basic protocols and safety measures. "People should be sensitive. They should keep their hands and heads away from the mesh in non-AC vehicles. These general

instructions are given to tourists and visitors before every safari trip," said a BBP official.

The much-awaited leopard safari with 19 leopards was inaugurated by Karnataka Forest Minister Eshwar B Khandre on June 26. The much-awaited leopard safari with 19 leopards was inaugurated by Karnataka Forest Minister Eshwar B Khandre on June 26. As per guidelines by the Central Zoo Authority, only hand-reared and zoo-born leopards are part of the safari experience. "We will soon be adding four or five more leopards that are already in training. We are putting only hand-reared and rescued leopards on safari to ensure public safety," added Sen.



A video grab of the leopard jumping on a safari bus at Bannerghatta Biological Park

New tool to drive away your rush hour blues

Traffic Quality Index grades severity of traffic congestion in an area; commuters can now better plan their travel times by predicting potential delays, avoiding long waits

Sanjana CS
c-sanjana.s@timesofindia.com

TWEETS @BangaloreMirror

The recent footpath challenge has once again put a spotlight on the need for tools to help daily commuters navigate through traffic and better paths in the city. On this note, a new tool unveiled on October 3 by an employee commute solution provider firm aims to help predict traffic conditions between any two points in the city. The tool, Traffic Quality Index, is an indicative score of the traffic problem in an area or the city at any given time. It helps in planning and predicting commutes more efficiently by avoiding peak hours and selecting the best mode of travel.

While navigating Bengaluru's traffic is notoriously challenging, making punctuality feel impossible, tools like Google Maps can help predict routes but often fall short in accounting for time lost in traffic. However, with the help of TQI, the public can better plan their journeys and adjust their schedules to reach their destinations on time.

According to TQI, Bengaluru and Mumbai consistently rank among the most traffic-congested cities. Bengaluru's score has risen from last year's 701.9 to 723, on a scale where values range from 100 to 900. The data reveals that 5:30 am is the ideal time to travel in the city, with only a 10% chance of traffic, while the evening rush between 5 pm and 9 pm is the worst, with a 56% probability of heavy congestion.

Deepesh Agarwal, cofounder and CEO of MoveInSync, an employee commute solution provider firm, said, "Traffic today is not an issue that rests with the government to solve alone, but it is a responsibility for all stakeholders—government agencies, corporates, its employees,



Slow moving traffic on Bannerghatta Road on Monday; (inset) A look into TQI data

and citizens." He further highlighted the need for public-private participation in creating a short-and-long-term vision to address traffic, efficiencies in people movement, and environmental goals.

Why use TQI?

There are 60,000 vehicles that are using the MoveInSync system. The cities are scored upon analysing more than one lakh crore of data in the system, utilising data science, AI machine learning, etc. Organisations can use the index to streamline return-to-office strategies, adjust shift timings, and identify optimal locations for new offices. Organisations can use it to streamline return-to-office strategies, adjust shift timings, and identify optimal locations for new offices. Government agencies could identify areas where infrastructure

improvements are needed, enabling better traffic management and assessing the effectiveness of projects or policies. Additionally, tech developers can integrate the TQI API into their solutions, offering innovative approaches to address traffic and mobility challenges.

The launch of TQI also indicates the need for innovative tech-enabled solutions that are easily accessible for everyone. Cofounder and CTO of MoveInSync Akash Maheshwari said, "TQI platform has been rolled out for citizens in Mumbai, Bengaluru, NCR, Hyderabad, and Chennai. The platform grades the severity of traffic congestion and helps citizens plan their commute days and timings in advance instead of real-time traffic congestion status, where you are left with no options. While TQI can be used by individuals, enterprises and

TQI platform grades the severity of traffic congestion & helps citizens plan their commutes in advance

— Akash Maheshwari,
Cofounder and CTO of MoveInSync

institutions will also find value in referring to TQI and planning work and shift timings."

On a global scale, TQI is being adopted as a standard for measuring the effectiveness of traffic improvement efforts. Similar to carbon-neutral initiatives, cities and organisations are now aiming to become "traffic-neutral," focusing on maximising the efficient use of all vehicles.

The Traffic Quality Index can be accessed by all for free at <https://trafficqualityindex.com/>

Drug bust: Nigerian national arrested in Bengaluru

The Mangaluru Central Crime Branch (CCB) police have seized 6,310 kg of MDMA drugs worth Rs 6 crore and arrested a Nigerian national residing in Bengaluru, allegedly involved in the sale of the drugs, officials said on Monday.

According to Mangaluru City Police Commissioner, Anupam Agarwal, the CCB police conducted a raid on September 29 at a lodge near Pumpwell under the Mangaluru East Police Station's jurisdiction. The operation, aimed at curbing drug sales in the city, initially led to the arrest of Haider Ali (51), a resident of Chembugudde House, Thokkottu, Mangaluru.

Haider was found in possession of 15 grams of MDMA (commonly known as Ecstasy) worth Rs 75,000, and a case was registered against him at the Mangaluru East police station. Through advanced technical analysis and intelligence gathering, the CCB police traced the drug supply chain to Bengaluru, uncovering a network of drug peddlers connected to Haider, Agarwal said.

The investigation led CCB officers to Peter Ikedi Belonwu (38), a Nigerian national residing in a rented house in Swami Vivekananda Nagar, Bengaluru. During the raid at his residence, police seized 6.310 kg of MDMA, along with several incriminating items, including three mobile phones, a digital weighing scale, 35 ATM/debit cards, 17 inactive SIM cards and bank account books of 10 different banks, he said. The total value of the seized assets amounted to Rs 6,00,63,500, Agarwal said.

According to him, the accused had been supplying drugs across Bengaluru, various parts of Karnataka, and even into Kerala. Further investigation revealed that a case had already been registered against him in 2023 at the Vidyaranya police station, in Bengaluru, in connection with narcotic sales. Police suspect that multiple individuals are involved in this extensive drug trafficking network and further investigation is on. —PTI

Metro to introduce outdoor ads on train coaches

This will allow advertisers to display high-quality ads on exteriors of trains running on Purple and Green Line, as part of its strategy to increase non-fare revenue

Sridhar.Vivan
@timesofindia.com

TWEETS @sridharvMIRROR

The Bangalore Metro Rail Corporation Ltd. (BM-RCL) has unveiled plans to introduce outdoor advertising on the exterior of its metro train coaches as part of its strategy to increase non-fare revenue. This move will allow advertisers to display high-quality ads on the exteriors of trains running on the Purple Line (Line 1) and Green Line (Line 2). BMRCL has issued a tender inviting bids from qualified advertising agencies to secure exclusive advertising rights for a period of seven years. An official said, "This initiative aims to tap into the potential of outdoor advertising across Bengaluru's bustling metro network, positioning the metro as a key location for corporate branding. The move is expected to not only boost BMRCL's revenue but also enhance the aesthetic appeal of metro trains, offering advertisers a platform comparable to those seen in world-class airports and other global metro systems."

Currently, Bengaluru Metro operates 57 train sets, and the new advertising strategy will allow various corporate advertisements to be featured on the train exteriors, alongside the Namma Metro logo. Advertisers will have access to a highly visible, moving platform across the city, promising substantial exposure. This initiative comes after BMRCL's previous advertising efforts, which were limited to digital and static advertisements inside metro stations and trains. Prior to the High Court's ban on



Along with revenue boost, aesthetic appeal of metro to increase

outdoor advertisements within the Bruhat Bengaluru Mahanagara Palike limits, BMRCL generated around Rs 10 crore annually through ads on metro pillars and viaducts. Although this revenue stream stopped due to the ban, advertisements within metro stations and trains continued to contribute to non-fare revenue.

In the 2022-23 fiscal year, BMRCL earned Rs 422 crore from fare-box revenue and an additional Rs 171 crore from non-fare sources, including advertisements and rentals. However, operational expenses during the same period amounted to Rs 486 crore. To further enhance revenue, BMRCL has also entered into long-term agreements with companies such as Biocon and Infosys, which allows them to name metro stations after

their brands for up to 30 years in exchange for substantial financial commitments. Despite some commuter concerns that the advertisements may obscure the scenic views from metro trains, BMRCL has assured that the windows will not be entirely covered, maintaining the visual experience for passengers.

In addition to advertising, BMRCL continues to generate income through various other means, such as renting out space for ATMs, retail outlets, EV charging stations, and network towers at metro stations. As BMRCL plans to expand its network from 73 kilometre to 175 km by 2026 and to 317 km by 2031, metro officials anticipate that outdoor advertising on train exteriors will provide significant visibility for companies across Bengaluru.

Financial performance

Bengaluru Metro's financial performance has experienced notable fluctuations over the years. In 2013-2014, the fare-box revenue was Rs 9.8 crore, while non-fare revenue stood at Rs 26 crore. Operational costs were significantly higher at Rs 48.7 crore, resulting in a cash loss of Rs 19.1 crore. The fare-box revenue covered only 20.1% of the operational costs that year.

The positive trend continued in 2018-2019, as fare-box revenue rose to Rs 355 crore, up by 26.3%, while non-fare revenue increased to Rs 64.45 crore. Operational costs reached Rs 335.9 crore, resulting in a cash profit of Rs 87.39 crore, and fare-box revenue covered 105.7% of the operational expenses. The COVID-19 pandemic in 2020-2021 severely impacted Bengaluru Metro's revenues, with fare-box revenue dropping by 86.9% to Rs 49.1 crore and non-fare revenue decreasing to Rs 37.5 crore. Operational costs, although reduced, were still Rs 294.2 crore, resulting in a significant cash loss of Rs 314.35 crore. Fare-box revenue covered only 16.7% of the operational costs.

In 2021-2022, fare-box revenue recovered to Rs 163.3 crore, a 232.5% increase, while non-fare revenue rose to Rs 65.4 crore. By 2022-2023, fare-box revenue saw a 158.7% increase to Rs 422.6 crore, and non-fare revenue reached Rs 171.4 crore. Operational costs rose to Rs 486.6 crore, but the system returned to profitability with a cash profit of Rs 9.2 crore, and fare-box revenue covered 86.9% of the operational costs.

Project Suraksha to track suicide and self-harm

Iffath Fathima
iffath.fathima@timesofindia.com

TWEETS @BangaloreMirror

Mental health is a critical issue that often goes unnoticed. Project Suraksha, which stands for the 'surveillance system to track suicide and self-harm,' is a community-based suicide prevention model.

The initiative aims to develop and indigenise a pilot model framework for suicide prevention research and surveillance in rural Karnataka. The project is currently being implemented across 32 panchayats in the Channarayana taluk of Ramnagara district.

More than 665 individuals including 300 plus ASHA workers have been trained under the gatekeeper's programme, strengthening community resilience against suicide.

In the district hospital and primary health centres (PHCs) where cases of suicide are reported, the Project Suraksha team provides brief intervention for Self-Harm and Suicidality (BISS) training. Over 450 cases have been addressed through BISS, and the team continues to interact with survivors and their families to reduce suicide intent and future attempts. The project was launched by Himalaya Wellness in collaboration with NIMHANS and the Government of Karnataka.

There is now a separate suicide register in all the 16 PHCs in Channarayana and the District and Taluk Hospital.

Project Update

26,160 community stakeholders have been organised since inception (farmers, self-help, milk federation, daily wage labourers, school children, differently abled, ASHA, Anganwadi workers, police forces)

665 gatekeepers trained including ASHA and Anganwadi workers, elected representatives from Panchayats and volunteers from communities

450 survivors and family members receive counselling on BISS

26 Panchayats are activated with community-based surveillance teams

BM Trippin' Tales

Consumer Connect Initiative

524-step trek Anjanadri hill soon to get ropeway

Sridhar.Vivan@timesofindia.com

TWEETS @sridharvMIRROR

The tender process for installing a ropeway at Anjanadri Hill is nearing completion, raising hopes for an easier pilgrimage experience to view the deity atop the 524-step climb. Anjanadri Hill holds special significance due to the belief that Hanuman, a deity from the epic "Ramayana," was born there, making it a popular pilgrimage site. However, the strenuous climb is challenging for many devotees, especially the elderly, women, and children. Numerous worshippers are reportedly struggling to ascend the steps, and many are only able to offer prayers from the foot of the hill. Tragically, four pilgrims have died from heart attacks during their attempts to climb, underscoring the urgent need

for modern technological solutions.

The proposal for constructing the ropeway was submitted to the government three years ago by the Koppal district administration and received a green signal from the Hindu Religious and Charitable Endowments Department. An initial grant of Rs 18 crore was allocated, but work has yet to commence. Approximately 10 acres of land near the Anjanadri Cultural School have been identified for the project. Although the previous Bharatiya Janata Party government reserved Rs 100 crore in the budget for Anjanadri's development, only Rs 20 crore was released, despite the previous Chief Minister, Basavaraj Bommai, having initiated the process.

The tender process is expected to conclude on October 12, with several companies having already submitted bids. Janardhan, the joint



Congress govt has allocated Rs 100 crore in budget for Anjanadri hill development

director of the State Tourism Department, has stated that the selected company will begin construction soon. Nitin Gadkari, the former Transport Minister in the previous BJP-led cen-

tral government, had previously promised a ropeway project at Anjanadri, but it did not materialise. Recently, during a state cabinet meeting in Kalaburagi, the topic of the Anjanadri ropeway was discussed, generating optimism for expedited progress. Meanwhile, the current state Congress government has also allocated Rs 100 crore in the budget for Anjanadri's development.

"Our Congress government is committed to the development of Anjanadri. The tender process for the ropeway has begun, and work will start soon," stated Shivraj Tangadagi, the District in-charge Minister of Koppal. Koppal Deputy Commissioner, Nalin Atul also confirmed that the tender process related to the ropeway's construction has begun, and preparations for the next phase will commence following the tendering.



Is there anything good about menopause?

Yep, here are 4 things to look forward to



Menopause is having a bit of a moment, with less stigma and more awareness about the changes it can bring.

A recent senate inquiry recommended public education about perimenopause and menopause, more affordable treatments and flexible work arrangements.

But like many things in life the experiences of menopause are on a continuum. While some women find it challenging and require support, others experience some physical and emotional benefits. These are rarely reported – but we can learn from the research available and, importantly, from people's lived experiences. Here are four changes to look forward to once you reach menopause.

1. No more periods or related issues

Menopause is considered "complete" 12 months after the final period of a woman (or person assigned female at birth) who previously menstruated.

Perhaps unsurprisingly, the benefit at the top of the list is no more periods (unless you are taking hormone therapy and still

have your womb). This can be particularly beneficial for women who have had to manage erratic, unpredictable and heavy bleeding. At last, you don't need to keep sanitary protection in every bag "just in case". No more planning where the bathroom is or having to take extra clothes. And you'll save money by not purchasing sanitary products.

There is also good news for women who have had heavy bleeding due to uterine fibroids – common benign gynaecological tumours that affect up to 80% of women. The evidence suggests hormonal changes (for women not taking hormone therapy) can lead to a reduction in the size of fibroids and relieve symptoms.

Women who suffer from menstrual migraine may experience an improvement in migraines post-menopause as their hormonal fluctuations begin to settle – but the time-frame for this remains unclear.

For some women, no more periods also means more participation in social activities from which they may have been excluded due to periods. For example, religious activities or food preparation in some cultures.

2. Getting your body and your groove back

Throughout their reproductive lives, women in heterosexual relationships are usually the ones expected to be proactive about preventing pregnancy.

Some post-menopausal women describe a re-emergence of their sexuality and a sense of sexual freedom that they had not previously experienced (despite contraceptive availability) as there is no longer a risk of pregnancy. A participant in my research into women's experiences of menopause described the joy of no longer being child-bearing age:

While some women find the menopausal phase challenging and require support, others experience emotional and physical benefits

I've got a body back for me, you know, coz I can't get pregnant, not that I haven't enjoyed having [children] and things like that and it was a decision to get pregnant but I feel like, ooh my body isn't for anybody now but me, people, you know?

For women who have chosen to be child-free there may also be a sense of freedom from social expectations. People will likely stop asking them when they are planning to have children.

3. A new chapter and a time to focus on yourself

Another participant described menopause as an unexpected "acceleration point" for change.

Women told us they were more accepting of themselves and their needs rather than being focused on the needs of other people. Researchers have previously tracked this shift from "living for others" to "a life of one's own". Some women find the strength of emotions at this time a challenge, whereas others find their potency can facilitate liberation – enabling them to speak their minds or be more assertive than at any other time of life.

4. Increased self-confidence

A new sense of liberation can fuel increased self-confidence at menopause. This has been reported in studies based on in-depth interviews with women. Confidence boosts can coincide with changes in career and sometimes in relationships as priorities and self-advocacy transform.

Life on the other side

It can be hard to think about what is good about menopause, particularly if you are having challenges during perimenopause – but these can get better with time. In cultures where women are valued as they become older, women describe themselves as positively contributing to the community. They find they gain power and respect as they age.

We need to work towards more positive societal attitudes on this front. Our bodies change across the lifespan and are remarkable at every stage, including menopause.

(By Yvonne Middlewick, Edith Cowan University, The Conversation)

MIND, BODY & HEART



All you need to know about...

Vitamin C deficiency

Elderly at risk

Older adults suffering from abnormal bleeding, fatigue, and weakness, must be assessed for scurvy – a disease caused by vitamin C deficiency, suggests a study.

Case of scurvy

Detailing a case study of a 65-year-old woman with mobility issues and social isolation, the study published in CMAJ (Canadian Medical Association Journal) showed that scurvy, or vitamin C deficiency, is not just an 18th-century seafarers' disease. Researchers from the University of Toronto in Canada implored clinicians to consider scurvy in patients with abnormal bleeding and nonspecific symptoms. The elderly patient visited the emergency department for leg pain and weakness, skin lesions, and discoloration. She also had several chronic health conditions.

Quite common

The researchers noted that vitamin C deficiency is more common than expected in the 21st century. However, its diagnosis is often challenging as symptoms are often nonspecific, such as fatigue, weakness, and shortness of breath. The patient also smoked, which further contributes to vitamin C deficiency. Her symptoms improved once she started on vitamin C treatment, and a blood test for vitamin C deficiency eventually confirmed the diagnosis, said the doctors.

Be alert

"Clinicians should be alert to vitamin C deficiency when assessing patients, including children and isolated older adults," the doctors said. The team noted that people who follow restrictive eating patterns (for example, those with autism spectrum disorder or those on a tea and toast diet), who smoke cigarettes, who have a substance use disorder, or who have malabsorption syndrome, can also be at risk of scurvy. – IANS



MIRRORLIGHTS

Here's how silent stroke can dent your brain health

While silent strokes may not be fatal as a normal brain stroke, it can still affect brain health and lead to cognitive issues such as memory and attention problems, said experts on Monday. Silent stroke, also known as silent cerebral infarction, can go undetected for years. It does not have symptoms such as sudden weakness, speech difficulties, or facial drooping.

It occurs when cerebral blood flow is transiently disrupted, leading to ischemic damage without overt clinical symptoms.

However, "the condition can

result in subtle neurocognitive deficits, such as memory issues and difficulties with attention, and increased risk of subsequent overt strokes, which are more severe and easily recognisable," Dr Deepak Yadav, Consultant, Neurology, Amrita Hospital, Faridabad, told IANS. "Depending on the location of the clot, silent stroke can cause symptoms such as weakness in an arm or leg (which could cause a fall) or trouble speaking or seeing," added Dr Aashka Ponda, Consultant Neuro-physician, Bhailal Amin General Hospital. The experts noted that key

risk factors include hypertension, diabetes mellitus, obesity, and a sedentary lifestyle, all of which contribute to vascular dysregulation and atherosclerosis, conditions that affect the health of blood vessels and can lead to more serious cardiovascular events.

"In India, the rising prevalence of these risk factors, coupled with increased psychological stress and dietary changes, has led to an uptick in silent strokes," Yadav said. The experts recommended early neuroimaging assessments for identifying silent strokes before they cause significant



harm. They suggested regular health screenings and lifestyle changes, such as improving diet with cutting down excessive salt, eating healthy, increasing physical activity, and managing stress to combat the risk of stroke. – IANS

New hope for botanical garden near Yelahanka

Karnataka Forest Minister Eshwar Khandre on Monday announced that the foundation stone laying ceremony of the 153-acre Saalumara Thimmakka Botanical Garden near Yelahanka will be held soon.

The Minister was speaking at the closing ceremony of Wildlife Week.

Khandre said that the botanical garden will provide the much-needed lung space to north Bengaluru.

"There is a shortage of lung space in north Bengaluru and Yelahanka RTO has been shut down. Now that the lease period has expired, a botanical garden, on the lines of Cubbon Park, will be set up with the help of the social responsibility department and CSR funds," said

Khandre.

He added that the city has grown exponentially around Yelahanka and the botanical garden will provide health benefits to people, apart from being an attractive destination.

According to the Forest Survey of India, Bengaluru has a total forest cover of about 89 square kilometers. Trees cover 6.81% of the total area of the city. Over the last 10 years, the green cover, however, has declined by 5 square kilometers.

"To restore the reputation of the garden city, the department needs to do more, involving the public. The encroached forest land in the city is also being reclaimed," added Khandre **BMB**

Hesaraghatta declared protected grassland

The Karnataka State Board of Wildlife (SBWL) has declared Hesaraghatta as a protected grassland. The decision was taken by the board in a meeting held on Monday under the chairmanship of Chief Minister Siddaramaiah.

Notably, Bengaluru's green activists have been campaigning for the last few years to get the city's last big lung space protected and it has been their long-standing demand.

The 5,010 acres of the green patch is a unique ecosystem that harbors a variety of biodiversity. It includes 356 acres of

grassland, 383 acres of Bairapura Lake, 165 acres of Baitha kere, 1,356 acres of Hesaraghatta Lake, and 2,750 acres of land.

"Our government has taken this decision with the important objective that Bengaluru should not only grow into a concrete jungle but also remain a lush green destination," said Karnataka Forest Minister Eshwar Khandre.

SBWL also approved the declaration of Perumghatta grassland area in Bengaluru as 'Greater Perungatta Grassland Conservation Reserve' as per Section 36A of the Wildlife (Protection) Act, 1972.

'Stronger legal deterrents could lead to decrease in sexual crimes'

CONTINUED FROM PAGE 1

Families often refrain from lodging complaints out of fear of reputational damage, particularly when the abuser also is a family member. This stigma, combined with inadequate support, discourages many victims from coming forward, and in several cases, victims are pressured to withdraw their complaints. Activists argue that this only further complicates efforts to ensure justice.

Ribhu further noted that insufficient police accountability and the disinterest in registering cases involving child victims contribute to a cycle of impunity, enabling perpetrators to evade consequences.

Legal delays and low conviction rates

In addition to societal pressures, legal delays pose significant obstacles. Conviction rates for POCSO cases in Karnataka remain low compared to the number of cases filed. This is often attributed to factors such as inadequate evidence, victims' reluctance to undergo lengthy court proceedings, and legal loopholes.

Cases involving child marriage, for instance, are frequently reported by medical professionals when underage girls give birth, yet these cases face delays in court, complicating the pursuit of justice.

The slow pace of legal proceedings puts additional pressure on victims and their families, sometimes compelling them to withdraw cases. Legal delays, coupled with a lack of robust institutional support, further diminish the likelihood of securing convictions against offenders, making it challenging to bring them to justice.

Creating a legal deterrent

Activists such as Ribhu argue that stronger legal deterrents could lead to a decrease in sexual crimes. Mandatory FIR registration, victim-friendly court procedures, fast-track trials, timely compensation, and comprehensive rehabilitation support could encourage more victims to come forward and help ensure that offenders are punished, they suggest. This, in turn, would contribute to reducing sexual crimes and fostering a safer environment for children.

Societal change

Addressing the prevalence of child sexual abuse, however, requires not only legal action but also significant societal change. Encouraging open discussions about abuse, raising awareness, and educating parents to teach children how to recognise inappropriate behaviour are essential, activists say.

Infected avenue trees of Indiranagar get expert care

CONTINUED FROM PAGE 1

the barks and borers had dug deep into stems, and laid eggs and the larvae were eating these trees from the inside.

These attacks would have happened over the years. But in the absence of any care and management, the trees have grown weaker. We cleaned the area and added pharmaceutical drugs," said Siddharth Devaraja, who is passionate about regenerative agriculture practices and landscape design.

After inspection, Devaraja recommended infection control with the help of hydrated lime powder, copper sulphate, chlorpyrifos, and distemper. Nutrition was managed by adding NPK, farm yard manure with neem cake, micronutrients, and macro nutrients.

All the trees treated were concretised up to their bases.

Give timely care

Experts say BBMP should identify ailing avenue trees across the city and ensure timely care.

"The health of avenue trees should be monitored during the ongoing tree census being conducted by the Bruhat Bengaluru Mahanagara Palike (BBMP). Many avenue trees require such intervention. If not, they will become weaker and die soon," added Devare.

Experts say authorities are least concerned about avenue tree management. Their entire concentration is on unsanitary pruning.

"While BBMP's forest department is expected to preserve and save Bengaluru's trees, they are more interested in finding the smallest of issues and citing them as reasons to fell trees. The root cause of so many trees falling is unsanitary trimming of branches



by BESCOM followed by root damage during pipe laying work by BWSSB and road development project by BBMP," said a city-based tree expert.

The trees that have received the treatment in Indiranagar are expected to show signs of revival in about six months.

"These trees have grown very weak and thus will take some time to develop vigor over a few months.

All the trees treated for infection at 100 Feet Road were concretised up to their bases

All avenue trees that have been weakened due to mindless road development work and other projects should be treated frequently," added Devaraja.

All the 10 trees were treated by volunteers and the entire cost was borne by them.

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CHANGE OF NAME

I, Janhavi Kamal Panthagadi, R/o No.55/A, Vyshnavi Residency, 2nd Cross, Sowmya Layout, Konena Agrahara, Vimanapura Post, Bir-560017 have changed my name to Janhavi Kamalkumar Panthagadi

I, DINESHA, S/o. Govinda Shetty, R/o. #2-74-B, Palumakki Haklu Mane, Hosoor, Udipi, Karnataka - 576233, have changed my name to DINESH SHETTY vide affidavit Dtd: 07/10/24 before Notary M. Rajendra, B'lore.

I, Pavan Koppam Shankar R/o No.3990/1, Thyagaraja colony, Mulbagal, Kolar 563131 present camp at Bengaluru have changed my minor son name from Sai Mahin to Sai Mahin Koppam Pavan Affidavit Dt.07/10/2024 notary Harisha.G, B'loru

I Chandrakanth Jadhav also known as C K Jadhav, S/o Krushna Shankar Jadhav, R/o No 811, Krishna Villa, 2nd 'A' Main Road, 22nd Cross, Vignan Nagar, New Thippasandra Post, Bangalore - 560075 have changed my name to Chandrakanth Krushna Jadhav for all future purposes.

I, SUBATHRA KAMAL (Old Name) W/o Surya Kumar, R/at No.201, 7th Main, 3rd Cross, M V Garden, Halasuru, HAL 2nd Stage, Bengaluru- 560008 have changed my name to SUBATHRA SURYA KUMAR (New Name) vide affidavit dated: 04/10/2024 Before Notary K.V.Mani Bangalore.

CHANGE OF NAME
I, Shilpa Jaisimha alias shilpa Jayasimha, Wife of Jaisimha Krishnappa, aged 48 years (10.02.1976) residing at Doddakari Village, Bethamangala Hobli, K.G.F Taluk, Kolar District, Karnataka - 563116, My Name is SHILPA JAISIMHA as per Aadhaar card No. 3605-9100-3440, but in passport no. 26732655 my name is SHILPA JAYASIMHA. Here after I will be called as SHILPA JAISIMHA for all the purposes same sworn before K.C. Prasad, Advocate & Notary, KGF vide affidavit dated : 5/10/2024

I, Prabhakar Reddy Mallepeddi s/o Bayya Reddy R/o #266 lavanya Prabhakar Reddys Villa Soukya Road, Thirumala - shettyhalli Hosakote, B'loru- 560068 have changed my name to Prabhakar Reddy Malipeddi for all purposes.

I, Sanjana Galada Ajay Galada W/o, Prithvi Shah R/o No 8 Flat No 11 Sampurna Apartments, 1st Floor Palace Cross Road Seshadripuram Bengaluru 560020 have changed my name to Sanjana Galada for all purposes.

I, Umsingh Rathore R/o No.943, 50 feet main road, Kumaraswamy Lyt, 2nd stage, Bengaluru 560078 have changed my name to Om Singh Rathore Affidavit Dt.07/10/2024 Notary Harisha.G, B'loru

LOST & FOUND

DOCUMENT LOST

I, Chiranjeevi S/o M.C.Sampangi, residing at 195/2, Bommasandra Village, Anekal Taluk, Bangalore District, stating that the original Sale Deed of my property (document No.212/98-99, Book-1, dated: 21.04.1998) and original General Power of Attorney notarized at Indian Embassy, Muscat (document No.32472/MW/05 dated: 24.12.2005) are accidentally lost. I have filed a complaint (Reference No. 3263/1333/2024) to Hebbagodi Police Station on 28.09.2024 in this regard. If anyone finds the above documents, please contact the above mentioned address or mobile number 9844105870.

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HC puts in strong word for contractual nursing staff

Court directs regularisation of service of 10 nurses working on contractual basis at Jayadeva Institute for 20+ years

Rachana Ramesh
c-rachana.ramesh@timesofindia.com

TWEETS @BangaloreMIRROR

The Karnataka High Court has come to the rescue of ten staff nurses who have been working on a contractual basis for more than 20 years at the Jayadeva Institute of Cardiovascular Sciences and Research. Justice N S Sanjay Gowda, in a single judge bench ruling, directed the institute to regularise the services of these nurses from the date they completed 10 years of service, disregarding any brief renewal breaks.

The court set aside the hospital's endorsement refusing to regularise the nurses, stating, "A premium institute which has been established to take care of the problems related to the heart and nurse diseased hearts to good health is, however, acting in a very unhealthy manner and is indicating its heart is not in the right place when it comes to treating its employees."

The court emphasised that the institute, being an instrumentality of the State, should be a model employer and ensure fair treatment of its staff nurses, avoiding exploitation. The petitioners, appointed as Staff Nurses (Stipendiary) in 2004, have been performing the same duties as regular staff nurses for the past two decades. They argued that receiving lower salaries and being denied benefits given to regular staff nurses violates the constitutional principle of "equal pay for equal work."

The institute opposed the plea, citing that the petitioners were not appointed against sanctioned posts and that the Cadre and Recruitment Rules do not provide for regularisation as there is no permanent post called "Staff Nurse (Stipendiary)." However, the bench noted that the



institute, registered under the Karnataka Societies Registration Act, 1960, has the power to appoint personnel on both permanent and temporary basis, as per its rules, regulations, and bye-laws.

The court rejected the institute's contention that it had resolved to increase the pay of the petitioners and other Staff Nurses (Stipendiary), stating that this would only perpetuate an illegality and continue the exploitation of these nurses. It emphasised that if the petitioners have been performing the same work as regular staff nurses for over 20 years, they must be paid the same wages.

The court also observed that the institute heavily relies on the 898 contractual Staff Nurses (Stipendiary) compared to the 225 regular staff nurses, indicating a ratio of 1:3. This clearly shows that the institute is dependent on the stipendiary staff nurses rather than the regular ones. In conclusion, the court directed the regularisation of the petitioners' services and stated that they would be entitled to arrears of wages from the date of filing the petitions, i.e., from 15/16 June 2023, considering the financial implications on the State Government.

Insurance company must compensate accident victims even if vehicle doesn't have valid permit

The Karnataka High Court has affirmed that an insurance company is obligated to compensate claimants in the event of an accident, even if the vehicle involved lacks a valid permit and fitness certificate at the time of the incident. The insurance company can then recover the compensation amount from the vehicle's owner.

Justice T G Shivashankare Gowda, presiding over a single judge bench, dismissed the argument put forth by Shriram General Insurance Company Limited, which contended that it could completely avoid liability due to the vehicle owner's "fundamental breach" of

plying the vehicle without proper documentation. The company also pointed out that the driver was charged under Sections 56 and 66 of the Motor Vehicles Act and Rule 52 of the Central Motor Vehicles (CMV) Rules.

However, Justice Gowda referred to the Supreme Court's decision in "National Insurance Co. Ltd., v. Swaran Singh and others (2004)" and the high court full bench's verdict in "New India Assurance Co. Ltd., Bijapur vs Yallavva and Another (2020)," stating: "This argument cannot be sustained as the law has been settled by the Hon'ble Apex Court and also the full Bench of this Court, which are binding in nature. In view of the law laid down by Swaran Singh's case as well as Yallavva's case, even though this is a case of fundamental breach, the Insur-

“The institute heavily relies on the 898 contractual Staff Nurses than the 225 regular staff”

— Court observation

ance Company can avoid its liability, as the petitioners are 3rd parties in view of the contract of insurance, the Insurance Company has to pay the compensation and recover the same from the owner of the vehicle. Hence, principle of pay and recovery is applicable to facts of this case". The court's decision came while hearing cross appeals filed by the deceased's wife, seeking an increase in the compensation awarded by the Motor Accident Claims Tribunal (MACT), and the Insurance Company, which questioned its liability and the cause of the deceased's death. The court noted that the deceased, Nandishappa, who was cycling when hit by a goods vehicle on June 17, 2013, remained unconscious throughout his treatment at various hospitals. It rejected the contention that he died due to cardiac arrest, stating that the medical evidence demonstrated a clear connection between the injuries sustained in the accident and the cause of death.

Partially allowing the appeals, the high court modified the tribunal's order, holding that the claimants are entitled to a total compensation of Rs 13,44,209 instead of Rs 13,88,209, with an interest rate of 6% per annum from the date of the petition until the date of deposit.

KSRTC to add 20 luxury buses each worth ₹1.78 crore to its fleet

Karnataka State Road Transport Corporation (KSRTC) on Monday announced that it will add 20 luxury -- Airavat Club Class 2.0 model buses -- each worth Rs 1.78 crore to its fleet by the end of this month. KSRTC currently has a total of 443 luxury buses, they said.

According to officials, Transport Minister Ramalinga Reddy accompanied by KSRTC Chairman S R Srinivas (Vasu) visited the Volvo bus manufacturing factory near Hoskote to inspect new buses.

Some of the key features of the bus include -- powerful halogen headlights and daytime running lights (DRL) with new plush interiors and Scandinavian-style exteriors, offering visually appealing aesthetics, aerodynamic design providing better fuel efficiency, advanced engine technology, delivering superior performance and improved fuel efficiency (KMPL).

The new bus will have a 3.5 per cent increase in

overall bus length, providing more space between passenger seats. "Windshield glass is 9.5 per cent wider, improving driver visibility and reducing blind spots. Larger luggage space, offering 20 per cent more capacity compared to previous buses, making it the first bus with such ample luggage space, pantographic design, making vehicle maintenance easier, rear fog lights for improved safety during nighttime driving, easy-to-reach driver controls and switches for greater driver convenience," the KSRTC said in a statement.

The bus will also have a fire alarm and Protection System (FAPS) installed for increased passenger safety during emergencies, water pipes with 30 nozzles are installed on both sides of the passenger seats, which activate and spray water during fire accidents. In addition, drivers would be able to easily view pedestrians from the passenger door, enhancing pedestrian safety, it added. — PTI



Equestrian Premier League stars shine

Yashaan Khambatta and Jai Singh Sabharwal (14) representing Mumbai's Amateur Riders' Club secured multiple medals in multiple categories at the Equestrian Premier League (EPL) held in Bengaluru.

Yashaan clinched the gold medal and Jai secured the silver medal in the Show Jumping 130 cm and 120 cm categories respectively. In the 130 cm category, Yashaan Khambatta secured 1st position and finished his round in 29.08 seconds while riding on Dolce Vita, Jai Singh Sabharwal secured 2nd place and finished his round in 29.23 seconds while riding on Carna, he also finished 3rd with a timing of 31.41 seconds while riding on El-



liot de Vesquerie. In the 120cm category, Basavaraju S from Bangalore finished 1st with a timing of 31.76 while riding on Dinky Boy. Jai Singh Sabharwal finished

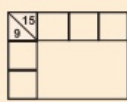
2nd with a timing of 33.51 seconds while riding on Elliot de Vesquerie and Yashaan Khambatta came in 3rd with a timing of 37.23 seconds while riding on Reinroe Adare Acrobat.

Yashaan is a veteran rider and has previously represented India at the Asian Games 2014 and has won multiple gold medals at the national level in the sport. Both riders train at ARC where they have access to international-level facilities and coaching to compete at national and International events.

Jai has enjoyed a stellar year so far having won three national gold medals and is also the current national champion in the Show Jumping 120 cm category. — ANI

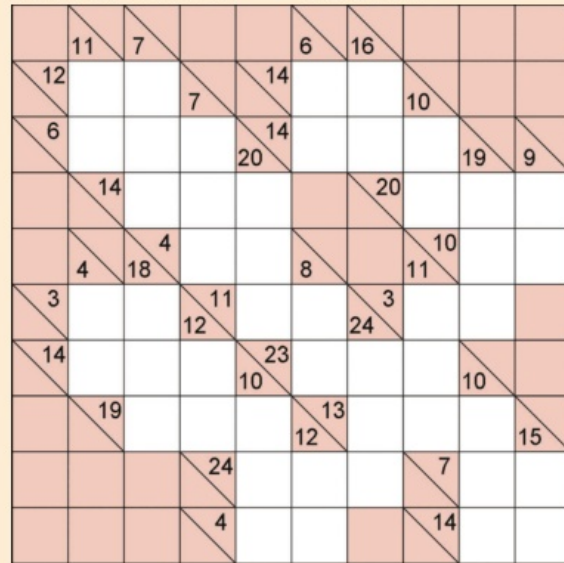
Kakuro

The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas

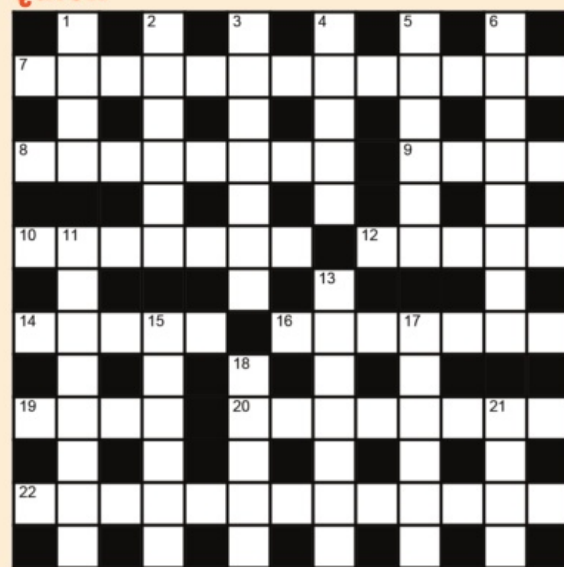


for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.

Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

- 7 Long-eared dog breed (6,7)
- 8 An extinct mammal (8)
- 9 Helps (4)
- 10 Sons of one's brother or sister (7)
- 12 Kinds or classes (5)
- 14 Ms Bhatt of Bollywood (5)
- 16 Gain access to or become friendly with? (3,4)
- 19 Got a hole in one (4)
- 20 ___ for : replaces some one? (6,2)
- 22 Avaricious (5-8)

DOWN

- 1 Spanish painter (4)
- 2 A drawing (6)
- 3 Disparage? (3,4)
- 4 Used up (5)
- 5 Nervous or anxious (6)
- 6 Exhausted (4-4)
- 11 Short severe hairstyle (4,4)
- 13 Jayachamaraja Wodeyar ___ : Last king of Mysore and first Governor of Karnataka (7)
- 15 Magistrates (6)
- 17 Owing a favour or owing money? (2,4)
- 18 Native American tribesman (5)
- 21 Small hotels (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: V EQUALS G
N YWQOB NE LBW ABXFHO
GNWWQNVB OFBA HFE DBNW N
JBQC. ALB DNHEA EF ABB DLNE
ALB QA VBEEQHV.



Linemaro

Let me give you a kiss.
If you don't like it,
you can return it



Mindchow

The will of god will never
take you where the
grace of god will not
protect you



Joke of the day

Q: Why does the mirror
have holes in it?
A: A moron kept trying
to shoot himself

Loop

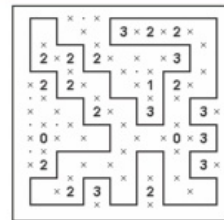
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

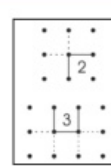
How to begin:

Example (Fig A) - Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

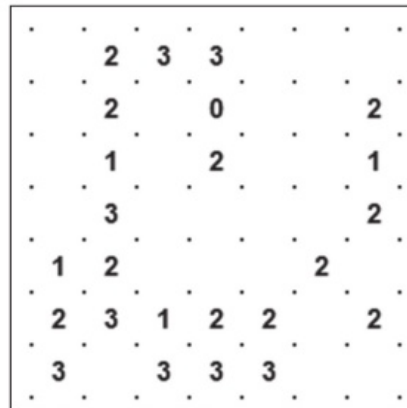
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



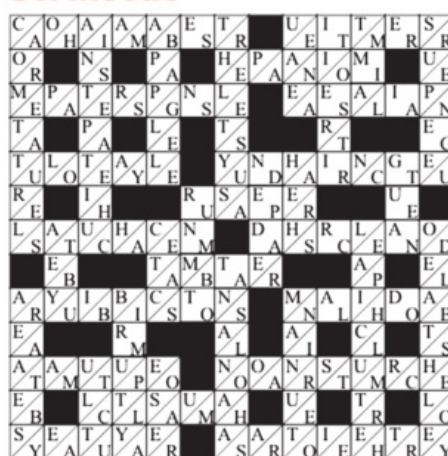
(Fig A)



(Fig B)
Not Allowed



Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

- 1 Camps; 6 Teams;
- 7 Icy AD; 8 In Cap;
- 9 Ooh CH

DOWN

- 1 Paths; 2 A coca;
- 3 Naomi; 4 CID me;
- 5 Chy PS

Mensapuzzle

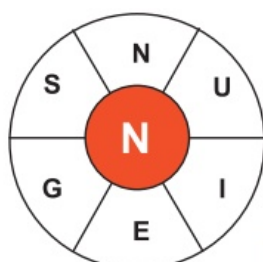
Solve this rebus:



Bull's eye

How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

11 Average; 13 Good; 15 Outstanding



SudokuChallenge



To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.



Easy

□ □ □ □ □ = 5

2 4 5 8

Medium

□ □ □ □ □ = 13

4 5 6 6

Hard

□ □ □ □ □ = 12

1 4 5 2

Hocusfocus



Find at least six differences in details between panels.



Differences: 1. Picture of dog is moved. 2. Shutter is missing. 3. Bush is added. 4. Tree trunk is thinner. 5. Window sill is thicker. 6. Hat is different.

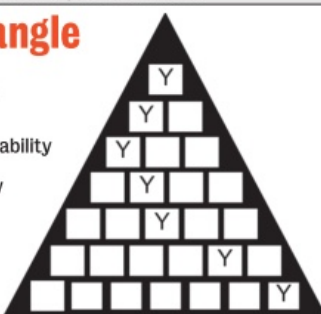
Take the list of words below and arrange them into 3 sentences that all have something in common. Each word is only used once for each time it appears in the list. Punctuation is not an issue in this puzzle. Only names are capitalized to start with. DAD, LET, LETS, LEW, MARGE, MISSES, NO, NORAH, ORDERED, ROSES, SEE, SHARON'S, SIMON, TELEGRAM, TELL, WE'LL, What are the sentences and what do they have in common?

Riddler

Alpha triangle

- 1 Youth leader!
- 2 Old fashioned you
- 3 'Of course!'
- 4 Extras at cricket
- 5 ___ theorem: probability calculation
- 6 Fastens, nautically
- 7 Very unpleasant

Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be



made at each step answering to the clue given.

COMICS

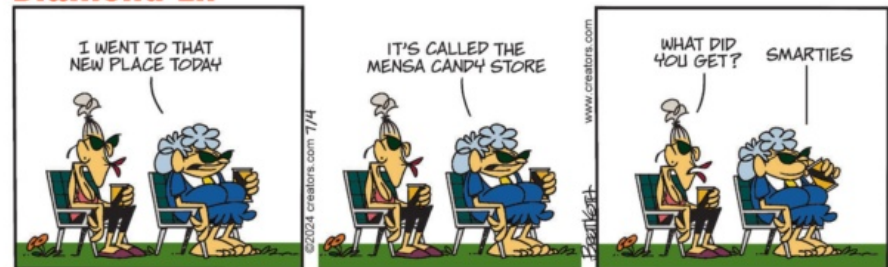
Popeye



Bizarrotrip



Diamond Lil



Hart of the city



Crankshaft



Mutts



WHAT YOUR STARS SAY TODAY

Aries Mar 21 - Apr 20

Today you may be relaxed after a messy situation. Your inner strength may help you implement some difficult decisions in your parental business, which may grow the business. You may help needy people around you which may increase your social respect. Students might be clear in choosing their career options.



Leo Jul 24 - Aug 23

Today projects that were stopped without a reason may start automatically. You may be satisfied at work. You may plan for a short work-related trip. You may also visit some religious places to maintain your internal strength. Your elders may show you the right path, which may help you to achieve your goals.



Sagittarius Nov 23 - Dec 22

Today you may prefer to gain knowledge, you may understand the value of intellectual assets. Sometimes you may control your short-temper nature, which may help you to perform your task smoothly. There may be some chances of smooth earnings, which may give you comfort in the workflow. You are advised to be careful before making new investments in assets. You are also advised to avoid speculation in the work. You are likely to spend money on loved ones. Love birds may enjoy their happy moments.



Taurus Apr 21 - May 20

Today you may feel dull, your health may not be good. You may also have anxiety and restlessness. You are advised to postpone your important investments in the business or real estate. You are advised to avoid rash driving. You also should avoid long-distance travelling. You may do some meditation, it will help you in getting sound sleep.



Virgo Aug 24 - Sep 23

Today you may feel dull, you may also face health issues. It is advised to keep your mind cool. Read documents carefully before signing. You may face difficulty in recovering your money. You are also advised to avoid going on adventure tours. Students are advised to go for in-depth studies to get success. Natives related to exploration, occult, and research may likely perform their best.



Capricorn Dec 23 - Jan 20

Today you may feel dull. You may not be able to sustain in the current situation. You may make silly mistakes, which may affect your confidence level. Your working efficiency may be slow, which may affect your day-to-day work. Your projects may likely be delayed, it may affect your professional life. Before taking any important decision you are advised to take a piece of advice from your elders.



Gemini May 21 - Jun 21

Today blessings from elders may make you happy, your investments may give you profits. Losses are converted into profits now. Your savings may boost your bank balance. You may plan to invest in your kid's future also. You may also enjoy some delicious food at home. Your problems related to throat, teeth, ear, or nose may be resolved now.



Libra Sep 24 - Oct 22

Today you may be busy at home. You may buy some artefacts or creative stuff to renovate your house, which may increase your social status. You may also invest in properties and other fixed assets. You are likely to enjoy your romantic moments with your spouse, which may increase the emotional relationship. Singles may hear good news in terms of marriage.



Aquarius Jan 21 - Feb 19

Today you may be energetic and more focused, which may speed up your current task. Your subordinates may help you to start a new project, which may give you profit in the near future. You may expect some short trips related to your family issues. Job seekers may hear good news in terms of jobs.



Cancer Jun 22 - July 23

Today you may enjoy work, you may get promoted for your hard work. You may likely help some needy person, and your social respect may be increased now. Overworking your mind may tire you. Due to workload, you may not be able to reach some family get-togethers. Your parents' health may be recovered.



Scorpio Oct 23 - Nov 22

Today you may feel happy. Old health issues related to elders may be cured. Money that was stuck, may be recovered now, which may increase the liquidity in the business. People who are in a job may change their job to seek a promotion. Job seekers may get a job with the help of any friend's reference. Natives who are working in state-related work are likely to get benefits.



Pisces Feb 20 - Mar 20

Today you may use your creativity in your office or at home, which may enhance your social status. You may be able to control your expenditure on worthless things, which may increase your savings. Love birds may likely get some support from their family members for marriage. Students may hear good news in terms of academics.



KIDZONE



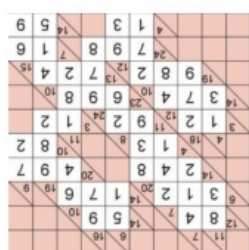
Shriya A, Bengaluru



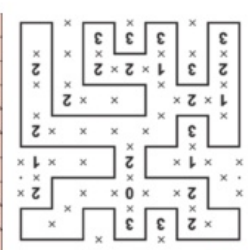
Ananya Vastare, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011; Please send hard copies of your artwork in A4 size only.

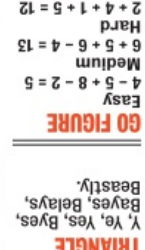
SOLUTIONS



KAKURO



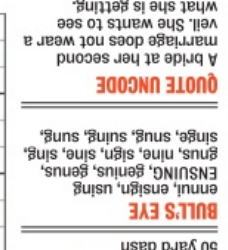
LOOP



ALPHA



SUDOKU



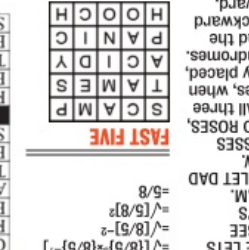
MENSA PUZZLE



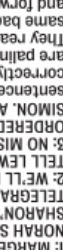
QUICK



STRIKE OUT



SOLVE IN 1M



RIDDLE

Dancing to mom-dad's tunes



Alia Bhatt, who is busy promoting her upcoming movie 'Jigra', recently opened up about the first song her daughter watched and how she reacted to it. The actress revealed that she made her daughter watch songs from both her and Ranbir's movies.

During a recent press meet, Alia was asked which of her songs she would like her daughter to see first. In response, she said she had been having this discussion with her family and finally decided to show her the first song she ever performed in her career. "Just yesterday, she saw the first song I ever shot in my life, 'Radha Teri Chunri' from 'Student of the Year' (2012)." 'Student of the Year' directed by Karan Johar, also marked the debut of Sidharth Malhotra and Varun Dhawan alongside Alia.

Alia added they had been waiting for Raha to reach an age where she could understand songs and movies. Now, at almost two years old, the first song she ever watched was 'Kesariya' from 'Brahmstra: Part One - Shiva' (2022).

"But yesterday, she watched 'Radha Teri Chunri' and 'Badtameez Dil' from 'Yeh Jawaani Hai Deewani' (2013) back-to-back. She must be thinking, 'this dancing around to songs is normal,'" Alia added with a humorous note.

'Brahmstra: Part One - Shiva', directed by Ayan Mukerji, marked the first collaboration between Alia Bhatt and Ranbir Kapoor. 'Jigra' features Alia Bhatt as a brave sister who goes to any extent to save her brother. Vedang Raina plays Alia's on-screen brother in this Vasan Bala directorial venture.

-ETimes

Doting hubby

Nutritionist reveals how Virat helped with nutrition plan for Anushka during her pregnancy



Virat Kohli's commitment to health and fitness extends beyond his personal regimen; it encompasses his family as well. During Anushka Sharma's pregnancy with their daughter, Vamika, the doting hubby took proactive steps to ensure that his wife received optimal nutrition tailored to her needs. This was done with the help of Ryan Fernando, Kohli's nutritionist, who recently shared

insights into this thoughtful endeavor. Ryan revealed that Virat reached out to him for assistance in developing a specialized nutrition plan for Anushka during her first pregnancy. He was reportedly keen on ensuring that the actress' dietary needs were met throughout the different trimesters of her pregnancy. Fernando explained, "During this journey, Virat learned that I have a team of medical dietitians, and since they were expecting their first child, he asked if we could develop a nutrition plan for Anushka. He wanted me to handle her

trimester nutrition plans, which we did very successfully.

As both he and Anushka follow a vegetarian diet, the nutritionist and his team reportedly crafted specific plans for each trimester, based on the changing nutritional requirements.

Ryan noted that Kohli has always been diligent about research and education regarding nutrition. During the COVID-19 pandemic, he dedicated time to learning more about dietary needs and how they could be optimized for performance and health.

For several months, Virat and Anushka kept their pregnancy news private. They eventually announced it on Instagram in August 2020, delighting fans with the news of their impending parenthood. The couple welcomed their daughter Vamika on January 11, 2021. Following this joyful event, they expanded their family further with the birth of their son, Akaay, on February 15, 2024.

-ETimes



Para-psychological thriller

Kannada movie Nimitta Matra marks Sandalwood's first venture into the para-psychological thriller genre, set against the backdrop of Bengaluru and Mangaluru. The story revolves around a haunting incident that occurred in Mangaluru 15 years ago. An investigative journalist, driven by a legacy passed down from his father, is determined to crack this mystery. Will he uncover the truth? Will the perpetrator be brought to justice? The film delves deep into these gripping questions.



Nimitta Matra is written, directed, and produced by Roshan D Souza, featuring Poornachandra Mysore, Sangeetha Rajeev, and Aravind Kuplikar in leading roles. Sangeetha Rajeev debuts as an actress and also shines as the music director, composing four captivating tracks. Sangeetha, along with Roshan, spearheaded a talented team of programmers from Russia and Chennai to craft an impressive background score. Cinematography is helmed by Vijay Monteiro. Dialogues are written by Roshan D'Souza and Pradyumna Narahalli.

Dhiraj MV is spearheading the film's marketing, distribution and presentation through Kannadafilmyclub.

Shootings at Jollywood



The management of Jollywood Studios and Adventures has begun allowing shooting of tele serials and movies during the weekdays from Monday to Friday. Many movie producers appreciated this as a cost effective option. "We can avoid having to put up sets that not only need a lot of money but also a lot of time and artisans," said a movie producer.

The management of Jollywood Studios and Adventures celebrated their one year anniversary with gaiety on Friday evening. Vels Group of Companies manages the Jollywood Studios and Adventures that is spread over 40 acres near Bidadi Industrial Area. Dr Ishari K Ganesh, chairman of Vels Group is known for bankrolling 15 Tamil movies. Navarasan, promotional partner, said ywo more new projects, including a metro train segment, would be added soon for the shootings.

Role close to Bebo's heart

The highly anticipated trailer for 'Singham Again' finally released online for fans to feast their eyes on. The clip showcasing an exhilarating blend of action and drama also featured an interesting Ramayana twist.

Directed by Rohit Shetty, this film, which is the latest instalment in the Cop Universe, marks the return of Ajay Devgn as Singham, Akshay Kumar as Sooryavanshi and Ranveer Singh as Simmba.

Another notable star returning to the franchise was Kareena Kapoor Khan who will

be seen reprising her role of Avni, representing Sita in this upcoming epic action saga.

During the trailer launch, Kareena expressed her gratitude towards Rohit Shetty and Ajay Devgn for their unwavering support throughout her career. She said, "There can't be Ramayana without Sita, so with Rohit Shetty's film, Kareena has to be there." This assertion underscores her belief that most she has been a part of most of the Shetty's from 'Golmaal Returns' to 'Singham Returns' to now 'Singham Again' Kareena further elaborated, "Thank you so much to,

obviously, thank you to Rohit and to Ajay for always, always supporting me and for giving me always such a special role in this male-centric cop verse and in this film to represent Seetama, I'm very honoured and very overwhelmed."

She also thanked everyone who was part of the film and said, "Rohit and Ajay will always be my favourites. I think all my fans and everybody knows that. So and of course working with everybody else, Tiger, Ranveer, and my dear friend Arjun and of course Aki who I also love so much."

-ETimes

